

Loveable Me

"I love myself. I pay close attention to my body's messages when it needs time dedicated to self-care."

Practice WISDOM™




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Valuable Me

"I value and embrace my uniqueness as a gift to fulfill my life purpose and develop empathy for others."

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Healthy Me

"I am healthy at all levels. My body is a perfect instrument to host my spirit in this life journey."

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Powerful Me

"My power brings me comfort and reassurance. I feel strong and able to meet life's challenges as they appear."

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Beautiful Me

"I clearly see my beauty inside and out. I exude radiance and kindness which lighten up my magnificence."

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Talented Me

"I am a talented woman who shares her gifts and is opened to continued learning and growth at all levels."

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Passionate Me

"My passion is the driving force that pushes through my challenges and brightens my days as I learn the lessons I have chosen for my spiritual growth."

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Playful Me

"I integrate fun into my life to fill my cup of receptivity and my heart with joy. Play is present in my days."

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Peaceful Me

"I enjoy my own quiet company to connect with my perfect state of being and the parts of me that emanate inner peace and happiness."

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Happy Me

"I live with an ongoing sense of contentment, sharing with others the laughter that surges from my heart."

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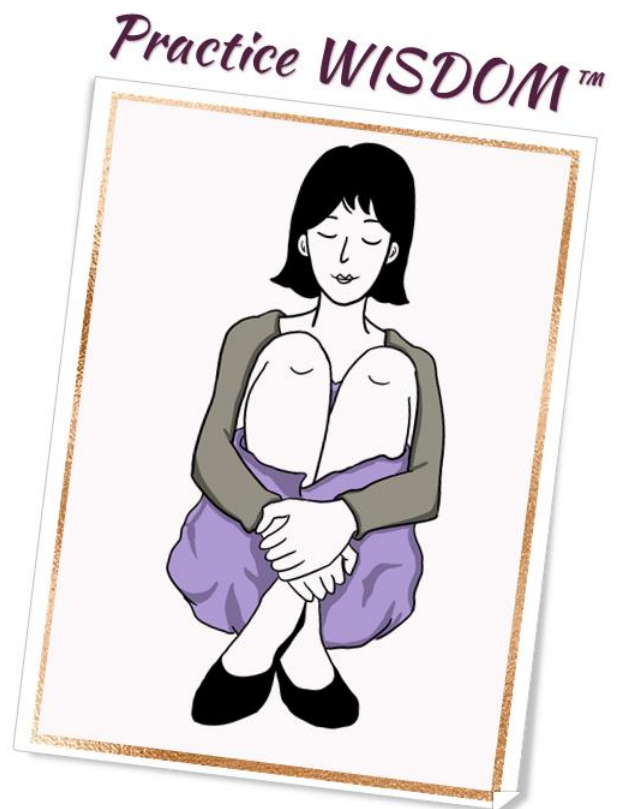
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